

PARRAMATTA COMMUNITY SERVICES HUB WEEKLY PROGRAM

9am – 4pm. Monday – Friday.

Pick-up and drop-off at Parramatta Community Services Hub.

Group-based activities for participants 18+.

MONDAY



Community Access

Today, participants can choose a fun and exciting day out to visit the library, catch a movie, visit the RSPCA, Lindt factory, Westmead Tavern, IKEA or the Penrith Plaza.

TUESDAY



Well-being, Physical & Sensory

Today we will use a SMART Board to learn about dance, then have a go at Drama with music and a range of sensory items.

We'll then take an afternoon walk through the park to chat and unwind at the end of the day.

WEDNESDAY



Skills for Life

Today we'll play BINGO, then build numeracy skills in a group setting with loads of interactive games and fun. Then we'll finish up with an afternoon of participant choice activities.

THURSDAY



Community Access

Today we'll get physical and social with bowling, learning how to be a team player, meeting new people and having fun along the way. We'll finish up the afternoon with participant choice activities.

FRIDAY



Simply Delicious

Today we learn about culture and cuisine. We'll master mealtime preparation, look at some fast, healthy and easy meal options and then head outdoors to explore our surroundings and take in the fresh air.

